

9th Annual 15K, 5K, and Treasure Hunt

Pocono Plateau Hero Dash Festival

September 17, 2022

<http://tinyurl.com/PlateauRun>



5K: Professionally timed **trail/road** race. 2 Lakes, Great Trails.

15K: Professionally timed **road race**. 3 Lakes, Lots of Scenery.

Treasure Hunt: For people of all ages. Search for treasure on our trails.

Awards and Swag: 1st Overall Male and Female plus top 3 M&F in age groups for both the 15K and 5K (<19, 20-29,30-39,40-49,50-59,60+). Tech shirt guaranteed if registered by 9/3 (as available afterwards).

Please note the earlier start time of 9:30 for the 15K.

Great food. 30-foot Climbing Wall and other activities as well.

Lodging available for \$15/person Friday night (access to bathrooms, free breakfast on Sat morning).

For Questions and Lodging Info: Contact Nick Klein at 215-527-8201 or PoconoHeroDash@gmail.com

Make Check Payable to and Mail to: Pocono Plateau. 304 Pocono Plateau Rd. Cresco, PA 18326.

*When arriving for the race, the address is also 304 Pocono Plateau Rd. Cresco, PA

Select Event	15K	5K	Treasure Hunt	Lodging
By 9/3/2022	\$30	\$25	By Donation	\$15
After 9/3/2022	\$35	\$30	By Donation	Call to Inquire
Start Time	9:30 a.m.	10:00 a.m.	9:00 a.m. – 4:00 p.m.	9/16: 6:00 p.m.
Shirt	Included	Included	\$15.00	

Total Cost/Donation: \$ _____

First Name _____ Last Name _____

Gender: Male Female Date of Birth ____/____/____ Age on Race Day _____

Address: _____

City: _____ State: _____ Zip Code: _____ Email: _____

Cell Phone: _____ Home Phone: _____

T-Shirt: Small Medium Large XLarge XXLarge
(Guaranteed if registered by 9/3/2022. TREASURE HUNT PARTICIPANTS CAN BUY A SHIRT FOR \$15)

Signature of Entrant _____ Date _____

Parent/Guardian Signature _____ Date _____

All minors must have parental consent.

Event Disclaimer: By adding your signature, you accept this waiver and disclaimer. Waiver and release: By participating in this Event, I do so at my own risk. I assume all risk of injury, illness, damage, or loss to me or my property that might result, including without limitation, any loss or theft of personal property. I consent to medical treatment in the event of injury, accident, and/or illness during the Event. I agree on behalf of myself (and my personal representatives, heir, executors, administrators, agents, and assigns) to release and discharge the organizers of this event, its principals, its officers & directors, its employees, all sponsors, and their representatives and employees from any and all claims or causes of action (known or unknown) arising out of their negligence. I acknowledge that I have carefully read this 'Waiver and Release' and fully understand that it is a release of liability. By my signature above, I am waiving any right that I may have to bring legal action to assert a claim against any and all Event sponsors for their negligence. I hereby grant full permission to any and all of the foregoing to use my name and likeness in any broadcast, telecast, video, social, or print media reporting or advertising of the Event without compensation. I understand that no refunds will be given if the event is canceled.